



DISCUSSION GUIDE

WINNING AT ALL COSTS

Breaking the Silence on Athletes and Eating Disorders



FEATURING 2X OLYMPIAN
AND EXECUTIVE PRODUCER
HOLLY BROOKS

TRUE STORIES FROM REAL ATHLETES ON TOXIC DIET CULTURE IN SPORTS
AND RECOVERY-FOCUSED ALTERNATIVES

**Produced by the Alaska Eating Disorders Alliance with
Executive Producer Holly Brooks, LPC**

Film production by Landsick Media



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Welcome from Holly Brooks, 2x Olympian and Licensed Professional Counselor



Sports play a vital role in our lives, not only teaching valuable life skills, but also providing a chance to play and have fun. What often goes unnoticed, though, is the alarming prevalence of long energy availability (LEA), disordered eating (DE) & eating disorders (EDs) among the athlete population. As a two-time Olympic athlete and a licensed professional counselor, I'm concerned by seeing so many people -- teammates, clients, and our community's kids -- burdened by a preoccupation of thoughts and behaviors about food, weight, and shape. Many have been falsely led to believe that changing their body is the best way to improve athletic performance. This limited belief exacerbates injuries, fuels early dropouts during puberty, and challenges athletes who are already trying hard to embrace their natural body changes. We must confront the need for sustainable performance so that we can support athletes and encourage them to engage in a lifelong enjoyment of sports.

Welcome from the Alaska Eating Disorders Alliance



The Alaska Eating Disorders Alliance (AKEDA) is thrilled to welcome you to our documentary "Winning at All Costs: Breaking the Silence on Athletes and Eating Disorders" and this accompanying discussion guide. We hope it will provide you with reliable information, as well as the structure and support that will help spark conversations between you and your athletes that increase understanding about the risks for eating disorders and disordered eating among athletes and promote proper fueling in sports.

At AKEDA we firmly believe that sports act as a powerful catalyst in the lives of young athletes – helping to not only improve physical health but also increase self-confidence, resilience, teamwork, and perseverance. For this to happen, athletes must have proper fueling to support their growth, and sports environments that nurture positive relationships between athletes and their bodies. It is our sincere hope that you will utilize these resources to engage in meaningful conversations about these topics that will contribute to creating safe spaces for athletes to thrive.

How to use this guide

Congratulations!

By taking an interest in disordered eating, you have taken a big step towards fostering greater health and performance within your athletes. This can be a tough topic, and you may feel uncomfortable broaching the subject. However, by doing so you are helping to create a safe environment for your competitors that can help them thrive while preserving a positive relationship with sport.

Remember that you don't need to be an expert and that the most important thing is showing that you care and making this topic something that can be openly discussed. Please review the **Frequently Asked Questions** for coaches about disordered eating in athletics that is included in this packet.

You may find it helpful to arrange for a mental health professional like a school counselor or sports nutritionist to support you in facilitating this group. The Alaska Eating Disorders Alliance also has a number of athletes with lived experience of disordered eating who may be able to participate in your screening of the film and group discussion. Please reach out to them at info.akeatingdisordersalliance@gmail.com.

This guide is just that – a guide. You know your team and culture better than anyone else, so use these principles to tailor a learning experience that works for you and the young athletes you work with.

Before you show “Winning at All Costs” to your athletes

- Watch the short 27 minute film. Make sure you are familiar with the content and how it relates to your specific athletic community. The film is available here: <https://www.akeatingdisordersalliance.org/videosathletesanded>
- Give your athletes a heads up that the film will be shown and may be triggering to some due to the discussion of disordered eating and eating disorders. As such, offer athletes the chance to opt out of participation well in advance. Those struggling with disordered eating may be uncomfortable with this topic in a public forum and would be better supported in a more private setting. If an athlete does opt out, you can help them by having a private discussion with them about the topic to see if they need support or resources.
- Ensure that handouts and resources are available to all your athletes – even those who opt out of the viewing.
- Explain why you are asking your athletes to watch this film, noting you want them to have a lifelong love of sports and a healthy mind and body as students and athletes. Reiterate to them that body shape or size is not the key to their performance. You are a person of great influence in the lives of your athletes, and your willingness to open lines of communication on disordered eating and body image is powerful.

Show the film “Winning at All Costs” to your athletes

- The link to the film is available here: <https://www.akeatingdisordersalliance.org/videosathletesanded>



After you have watched “Winning at All Costs” with your athletes

- Before opening the discussion, set ground rules to keep things positive, safe and comfortable for all. For example, establish a requirement for confidentiality when sharing. Participants should not mention anything by name or in a way that would identify others or violate privacy.
- If an athlete seems to endorse any type of disordered eating or body image thoughts, don't hesitate to assertively guide this potentially harmful talk back to a place of positivity. If necessary, respectfully interrupt participants who express harmful ideas about diet and body image and explain that the topic will need to be saved for another discussion. Alternately, you may use these harmful statements as an illustration of how society has instilled counterproductive attitudes about food and body into young athletes.
- Be willing to follow up with athletes who may have a negative reaction to the concepts presented in the film and have a one-on-one talk. The goal is not to silence their voice, but to prevent reinforcement of harmful ideology around nutrition in sport.



Discussion questions and movie themes

Use the themes and questions on pages 5-8 to guide your discussion.

Body Diversity

The focus of this theme is to acknowledge that there are many different body shapes and sizes and that they are all acceptable. There is no “right” body shape or size that is the key to athletic performance. Start by identifying the harmful messages that athletes hear and note that these messages can actually work against an athlete’s ability to perform. Social media is likely to come up in responses – you can refer back to Holly’s message about “unfollowing” those influences that cause negative feelings about body and self.

“As a therapist, I have a few ideologies that I really buy into. HAES stands for Health At Every Size, and the idea is this: weight is not the only thing that determines how healthy we are. We all have a different baseline weight or body shape or size where we are the healthiest. There are all these body ideals that are unrealistic for almost all of us and we can’t put everyone into the same box.”

– Holly Brooks

Discussion Questions

- Bodies come in all shapes and sizes and that is a wonderful thing! The film talked about a concept called “poodle science.” Can you explain “poodle science” in your own words?
- What kind of messages do you see about body shapes and sizes and where do they come from? Do you think these messages are helpful or harmful?
- What are some things about your body that you appreciate that don’t involve shape, size or appearance? For example, do you appreciate the strength of your muscles or perhaps how well your heart and lungs deliver oxygen when you’re engaging in sport?
- You are each other’s biggest support and what you say matters. How could you compliment other players without referring to their body’s appearance?



Non-Body Related Sport Performance Factors

The take home point with this theme is that body size or shape is not a “magic bullet” for performance. Many other physical and psychological aspects are more important – including attitude, coachability, strength, sleep, practice, and mental toughness. Focusing on weight manipulation actually diverts attention from these other important factors.

Discussion Questions

- It’s not uncommon to feel pressure to look a certain way, be within a specific weight range, or to be a smaller size in athletics and society in general. What kind of specific pressures do we see in our sport around body shape and size? Are these assumptions true?
- The film talked a lot about how factors OTHER than body shape or size impact performance. What are some of those factors? Which of those other factors do you think you are really good at? Is there one you’d like to improve?
- What would you say to a friend who expresses the belief that if they lose weight they’ll perform better?

“As athletes there are so many other things that we can focus our energy and effort on to improve in our respective sport – like your training plan, your balance, your endurance, your strength, our relationship with the team and the team culture. And we need to expand the dialogue.”

– Holly Brooks

The Importance of Adequate Fueling – Especially in Sport

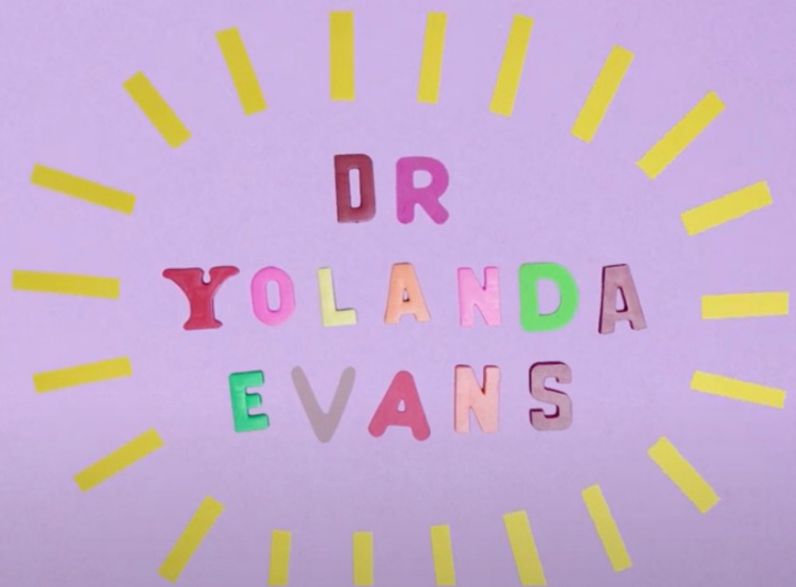
Adolescents – especially adolescent athletes – require plenty of nutrition to support growth and allow their brains to learn all that is being required at school. Many young people are steeped in harmful “diet culture” messages. Students need to feel empowered to give their body enough fuel to power their bodies and brains and avoid harm.

Discussion Questions

- What kind of messages do you hear about food and eating?
- Are there some messages you get about food and eating that might be harmful? Think about messages you might get about only eating certain types of foods, or at certain times, or at certain quantities.
- Why is adequate fuel and nutrition so important at your age?
- What happens when a hard-working athlete isn't getting enough food?

“Adolescent bodies are still changing and they have really significant nutritional needs, just to continue to develop into adults. Not eating enough can impact how they think, their focus, their energy level, how their heart beats. Really, every part of your body is impacted by not getting enough to eat.”

– Dr. Yolanda Evans, M.D.



VIDEOS

Lifelong Love of Sports and Movement

Sports should be fun – first and foremost! When dieting and the pressure to conform to an unrealistic body type become the focus of sport, athletes may burn out and no longer feel the joy of training and playing. They may also experience higher rates of injuries that derail their sport goals. The hope is that young athletes will be able to carry the love of sport and movement with them long after their sports careers are over.

"I have had more success coaching my athletes by treating them like people first. It really shows, it's just been a beautiful process to see them grow as young adults and hopefully be lifelong active human beings in this world."

– Susan Bick

Discussion Questions

- What are some ways that being involved in athletics has positively influenced your life?
- What did you think about the experience of Susan Bick, the collegiate runner turned track coach in the film who lost her love of running?
- What do you think exercise will look like to you in 10-20 years? How can you support this goal with what you are doing now?
- What can you do today to help you maintain the joy and fun of your sport?




Whole Person Concept

Coaches are incredibly powerful influences on their athletes – shaping not only their sport performance, but also nurturing their character, resilience, and mental health.

Athletes need to remember that they have an identity outside of sport and are ultimately human. Humans are not machines, and cannot be expected to perform as such. Coaches can support athletes by using whole person coaching strategies. What is their home life like? What are their individual personality traits? What do they succeed at or struggle with outside of sports? Those are just a few items to consider as you build extensive knowledge on your athletes as whole people with unique life experience, rather than just a member of a competitive team.

Discussion Questions:

- What is one fun fact about you that most people don't know that isn't related to sports?
- Who are the most important people in your life and why?
- Name one person you admire that is not a professional athlete. What traits do you like about them?



"You don't have to be perfect. People love you because of YOU and because of who you are, not because of how you perform on a test at school or in sport. Your self-worth isn't dependent on your latest results. You just have to be you and show up, and do your best and that will be enough."

– Jessie Diggins

Closing

Thank your athletes for the willingness to tackle hard issues, their willingness to share their own lived experiences, and all that they contribute to the team and community. Acknowledge that the film may have brought up strong or uncomfortable emotions, and that this is OK. Explain that you will be passing out a handout with resources that are available for help with disordered eating. Stress the importance of reaching out for help and destigmatize the act of doing so. If you feel comfortable, let them know that you can help connect them with professionals who can help as well.

Learn more

Resources for Athletes and Eating Disorders

Project Red-S

A place where people of all ages, genders, abilities and activities can come together to learn how to prevent or overcome Relative Energy Deficiency in Sport. A place to pursue peak performance in a healthy body and mind. Where instead of winning at all costs, it's about winning without compromise.

<https://red-s.com/>

Finding Your Sweet Spot: How to Avoid RED-S by Optimizing Your Energy Balance

Author and dietitian Rebecca McConville offers easy to understand advice to help you find your "sweet spot," that place where you're providing your body with the energy it needs so you can perform your best in your sport – and also in your life.

<https://www.amazon.com/Finding-Your-Sweet-Spot-Optimizing/dp/1091089051>

Addressing Eating Disorders Among Athletes

Join members of the Alaska Eating Disorders Alliance (AKEDA) and Holly Brooks for this interview from KSKA's "Line One Your Health Connection" with host Prentiss Pemberton as they discuss eating disorders risks for athletes.

<https://alaskapublic.org/2021/06/25/addressing-eating-disorders-among-athletes/>

Live From the Bear Tooth

Listen to the live panel discussion moderated by 2X Olympian Holly Brooks, LPC and other Alaskan athletes and coaches after a sold out viewing of "Winning at All Costs" at the Bear Tooth Theatre in Anchorage, Alaska in February 2023.

<https://podcasts.apple.com/us/podcast/addressing-alaskans-athletes-and-eating-disorders/id1092712366?i=1000603659039>

Running in Silence

Creating an athletic community that meets the needs of athletes physically and mentally to prevent, identify, and encourage recovery of eating disorders.

<https://runninginsilence.org>

Alaska Insight

Alaska Public Media journalist Lori Townsend interviews Holly Brooks and Beth Rose to discuss the documentary film "Winning at All Costs."

<https://alaskapublic.org/2023/02/17/shining-a-light-on-eating-disorders-alaska-insight/>

Non-Weight Based Athletic Performance Factors

McCallum Place Eating Disorders Center "Optimizing Sport Performance by Looking Beyond Weight"

Undue emphasis on weight as a factor for sports performance can place athletes in a vulnerable position. Consider these 40 other factors that

impact sport performance and think about how these can be areas to focus attention on performance improvement, instead of weight.

<https://www.mccallumplace.com/about/blog/optimizing-sport-performance/>

NEDA Toolkits

Whether you're a parent, an educator, or a coach/athletic trainer, there is a specific toolkit for you to help you understand eating disorders better, and strategies for helping youth who are struggling.

<https://www.nationaleatingdisorders.org/toolkits>

Tips for Coaches: Preventing Eating Disorders in Athletes from the National Eating Disorders Association (NEDA)

A short article with helpful tips for coaches on the prevention of eating disorders in athletes.

<https://www.nationaleatingdisorders.org/learn/help/coaches-trainers/tips>

Eating Disorders, Disordered Eating Habits and Body Image in Athletes

Free 1-hour on-demand webinar from the National Center of Excellence in Eating Disorders (NCEED) describing ways that sport-related factors may increase or maintain eating disorders, disordered eating or poor body image. Presented by Clinical Psychologist and Olympic figure skater Rachel Flatt.

<https://www.nationaleatingdisorders.org/learn/help/coaches-trainers/tips>

Treating Athletes with Eating Disorders and Unhealthy Sport Environments

Free 1-hour on-demand webinar from the National Center of Excellence in Eating Disorders (NCEED) describing unique treatment

considerations for athletes with eating disorders at all levels of care and ways to participate in changing the culture around eating disorders in sport.

<https://www.nceedus.org/athletes-with-eating-disorders-and-unhealthy-sport-environments/>

Resources for Adults to Learn More

What to Say Campaign

What to Say is a simple initiative with a big purpose: to help adults use their words and actions to teach kids that health – not weight, appearance, or BMI – is important to a happy life. Sign up for the Coaches Challenge or the Parent Power Pack to learn new ways of interacting with kids around food and body.

<https://www.whattosaynow.org>

Athlete Stories

Lauren Fleshman, "Good for a Girl: A Woman Running in a Man's World"

Part memoir, part manifesto, *Good for a Girl* is Fleshman's story of falling in love with running as a girl, being pushed to her limits and succumbing to devastating injuries which are partly due to lack of proper nutrition, and daring to fight for a better way for female athletes.

<https://www.amazon.com/Good-Girl-Woman-Running-World/dp/0593296788>

Lauren Fleshman, "I Changed My Body for My Sport. No Girl Should"

In this New York Times Op-Ed piece, professional track star Lauren Fleshman calls for changes to the "win at all costs" culture of competitive sports that start in high school, claiming they harm female athletes and



need to be reconsidered in order to avoid institutionalized harm.

<https://www.nytimes.com/2019/11/16/opinion/girls-sports.html>

Mary Cain, "I Was the Fastest Girl in America Until I Joined Nike: Mary Cain's male coaches were convinced she had to get 'thinner and thinner and thinner.' Then her body started breaking down."

In 2013, Mary Cain became the youngest American track and field athlete to make a World Championships team. In a guest column in the New York Times, she shares how the drive to change her body's shape to improve performance eventually led to a devastating eating disorder – and a call to action for others to change their beliefs that body shape is the key to performance.

<https://www.nytimes.com/2019/11/07/opinion/nike-running-mary-cain.html>

Hidden Figures: Male Athletes Eating Disorders Often Overlooked

Football player Patrick Devenny and running coach and former collegiate distance runner Mario Fraioli share their stories of how eating disorder symptoms impacted them, highlighting ways that concerning thoughts and behaviors may look different for male athletes.

<https://globalsportmatters.com/health/2019/08/28/hidden-figures-male-athlete-eating-disorders-often-overlooked/>



Coaches' Frequently Asked Questions

What might indicate an athlete has developed an eating problem?

Stay alert for signs that an athlete may be struggling. Problems can show up in the ways the athlete behaves, talks, or performs in their sport. Some things you might see include:

- Training more than recommended by the coach
- Skipping meals or snacks with the team
- Big dietary changes that often exclude entire food groups – oftentimes going vegan, vegetarian, gluten-free or dairy-free
- Changes in how an athlete dresses – specifically wearing too many clothes for the weather or “covering up” their bodies
- Consistent overuse injuries
- Muscle weakness
- Loss of enjoyment in the sport
- Training in dangerous situations, such as running alone at night or when injured or sick
- Anxiety if they are unable to practice or train
- Decreased endurance, speed, coordination, or energy
- Increased fatigue, muscle cramps, dizziness, or irritability
- Isolation from other teammates
- Frequent weighing
- Negative comments about their body or weigh
- Constantly talking about food or clean eating

I'm concerned about an athlete. What should I do?

The best thing you can do for an athlete is to not stay silent – express your concern and open up a conversation. You may be the first person to notice these problematic behaviors or attitudes in an athlete. Unless you are a qualified health provider you can't make a diagnosis, but you can open up a conversation and encourage help-seeking behavior.

When planning a talk with an athlete about concerns, consider the following:

- **Setting** – Meet individually with the athlete in a confidential and comfortable space.
- **What to Say** – Focus on neutral observations shared with caring “I” statements. Help the athlete inform others (such as parents) who may need to know.
- **How to Say It** – Be sensitive and empathetic while also direct and specific about observations.
- **What to Avoid** – Avoid simple solutions (“just eat more”) or threats (“you’re going to get benched if things don’t change”). They don’t work and could make things worse.

A sample conversation might look like the following:

“Jamal, I value you as a team member, and appreciate the determination, hard work, and leadership you provide at every practice. However, I am concerned. I have noticed lately that you have been having

a hard time focusing and are getting injured more often. I'm worried that you are becoming overly restrictive in your eating and training excessively. I think you could benefit from seeing a nutritionist as well as someone who can evaluate if there is a problem. Would you be willing to explore this idea with me?"

Many people with eating problems will deny a problem exists. They may tell you not to worry or say that they are fine, even if they are very ill. If this occurs, gently press the issue. You might consider saying something like:

"You may be right. It may not be a problem, and I hope that is true. But we can't know that for sure until you get evaluated by an appropriate healthcare professional. If the evaluation indicates no cause for alarm, we will all breathe a sigh of relief. If the evaluation does indicate an issue, I will work with you as you seek help. I have a listing right here of providers who can provide an assessment."

If an athlete continues to deny a problem or seek an evaluation and you are truly concerned, you may need to press further for an evaluation. This can be hard to do, but you are not alone – consult with your athletic department personnel, school counseling office, or an eating disorder specialist to discuss next steps.

Sometimes, withholding sport participation until the athlete has received a professional evaluation may be necessary. You might say something like:

"Your overall health and well-being is the most important thing to me – way more important than your sport performance or participation. I need to know that you are safe to participate before you can join us at practice."

Help! An athlete confided in me that they are struggling. What should I do?

Congratulations! It is often incredibly difficult for somebody struggling with eating or over-exercise to acknowledge a problem. The fact that they shared with you is a sign that they trust you. Early intervention increases the likelihood of recovery and decreases the possibility of serious or long-term medical consequences, and even death. Take their struggle seriously and promptly offer to help.

Ways you can help include:

- **Encourage a professional assessment** – A trained physician, dietitian, or therapist can provide an evaluation to help determine the athlete's needs. The AKEDA website include a listing of Alaskan providers who can help. <https://www.akeatingdisordersalliance.org/alaska-treatment-options>.
- **Make sure parents are in the loop** – It is important for parents to know if their child is struggling. Develop a plan with the athlete for how to share this information with them.
- **Share resources with the athlete's parent** – Parents can experience a variety of emotions when they hear their child is struggling -- shock, fear, anger, or even disbelief. Help the parent understand that eating concerns are serious yet treatable, and that they require prompt medical and psychological follow up. Point them to the AKEDA website at: <https://www.akeatingdisordersalliance.org>.

I am a coach. Is there anything I can do in my athletic environment to decrease risk?

Coaches have tremendous power to influence athletes. Your actions and words matter! Cultivate a positive team culture and attitudes

that encourage healthy relationships between athletes and food and their bodies by doing the following:

- **Emphasize non-weight performance factors**
– Praise things like grit, effort, flexibility, mental preparation, “heart” and other key factors influencing performance rather than weight or body shape.
- **Avoid body-related comments** – Even remarks that might be considered a compliment like “You are looking fit” can be harmful. A person may look “fit” while still suffering from an eating disorder or disordered eating.
- **Minimize weigh-ins** – If weigh-ins are required for weight class sports, make them private. Otherwise, it may be best to avoid them altogether.
- **Don’t encourage weight loss** – Coaches are influential. Even the slightest suggestion that an athlete’s weight is too high, or that they “should” lose a few pounds can prompt unhealthy diet behaviors and attitudes towards food.
- **Have a zero-tolerance policy for body talk on the team** – Eating disorders can become “contagious” and spread quickly and rampantly on a team. Enforcing a policy against body talk, “body jokes,” and body criticism can reduce this risk.
- **Avoid “numbers talk”** – Steer clear of talking about calories, weight, BMI, and specific numbers about protein, carbs, or fat. Athletes take these numbers to heart when they hear it from a coach. If “numbers talk” does come up emphasize that there is nuance to these issues, and that “no one size fits all.”
- **Hire a professional** – If you want to provide additional information to your athletes about proper fueling, hire a professional – a

dietitian with knowledge about the needs of athletes. A specialist can answer questions from your athletes accurately and safely.

- **Don’t talk about your own body or diet**
– Your athletes are watching and listening carefully. This includes how you speak and refer to your own body. Steer away from all comments about dieting, race weight, or “back when you were lighter.” If you are judging yourself, athletes will interpret this as you are likely to judge them too.

One of my athletes is in eating disorder treatment. How can I support them? What should I expect?

Recovery is hard work and your athlete may need time away from sport to participate in either outpatient treatment or an inpatient eating disorder program. Assure the athlete that they are welcome on the team whenever their treatment team gives the okay, emphasizing that recovery is the top priority.

The issue of whether an athlete must take a break from sport, and for how long, is an individualized one based on a variety of factors. This decision should be made by the athlete’s medical and behavioral health providers. Listen to their recommendations about when an athlete may participate again, and whether there are any modifications required.

Most of all, offer the athlete emotional support. They may be afraid that taking time off from their sport will harm their performance goals. Their sense of identity may also be wrapped up in their perception of themselves as an “athlete,” which can make it even harder to take time to focus on their health. Reassure the athlete that they are more than their sport, that their recovery is the most important thing to you, and that you are there to support them throughout the process.

Glossary of terms

Anorexia Nervosa (AN)

Anorexia Nervosa is a serious, life-threatening illness characterized by severe restriction of food, accompanied by an intense fear of gaining weight, and a disturbed perception of body weight or body image. As a result of self-starvation, every major organ and body system can be severely impacted. Death may occur from impacts of malnutrition as well as high rates of suicide. Individuals with AN will have a low body weight (17.5 BMI or less).

Atypical Anorexia Nervosa (A-AN)

Individuals with Atypical Anorexia have all the same thought patterns and behaviors as somebody with Anorexia Nervosa – the only difference is that they may not experience a low body weight, and in fact, may not be considered underweight at all. Despite this, they suffer a double death rate compared to age matched peers, due to malnutrition and high rates of suicidality. Atypical Anorexia Nervosa is much more common than Anorexia Nervosa and a reminder that you can't tell if somebody has a life-threatening eating disorder based on weight alone.

Binge Eating Disorder (BED)

Binge Eating Disorder (BED) is a serious and common eating disorder. It is characterized by frequent episodes where an individual consumes an unusually large amount of food, sometimes at a fast rate and in secret, and later feels intense shame or guilt about the amount of food consumed. During the binge, the individual experiences a loss of control over their eating. People of all weights, shapes, and sizes can have BED, and it can severely impact a person's daily functioning.

Body Dysmorphic Disorder (BDD)

Body Dysmorphic Disorder is a mental health condition that occurs when an individual experiences a preoccupation of perceived flaws in their appearance that are minor or invisible to others. These perceived flaws cause significant distress, including shame, embarrassment, and anxiety, that severely impact social life, work, school, and other areas of daily functioning. BDD can occur in conjunction with an eating disorder, or it can happen separately.

Bulimia Nervosa (BN)

Bulimia Nervosa is a serious, potentially life-threatening eating disorder characterized by binge eating followed by purging behaviors. During the binge, the person consumes larger than normal amounts of food with a loss of control over the eating. Later, they engage in purging, which are attempts to try to get rid of the binged food through unhealthy and dangerous methods such as self-induced vomiting, misuse of laxatives, weight-loss supplements, diuretics, misuse of medications, or even excessive exercise. Individuals with Bulimia Nervosa experience body image concerns and are highly focused on perceived flaws in their body. Death can occur due to dehydration, electrolyte abnormalities, heart problems, and high rates of suicidality.

Compulsive Exercise

Although not a formal diagnosis, compulsive exercise occurs when an individual maintains an excessive, rigid exercise regimen that interferes with daily functioning. This can include exercising at inappropriate times or settings, or despite injury, illness, or other medical concerns. Some individuals who experience compulsive exercise feel that they must exercise in order to give

themselves permission to eat, and others utilize this as a method of purging. Compulsive exercise can cause serious medical problems, such as bone density loss, RED-S, and increased incidence of injury. It can be part of an eating disorder, or put a person at higher risk of developing an eating disorder.

Health At Every Size (HAES)

Health At Every Size (HAES) is a weight-inclusive health philosophy that encourages shifting the focus off of body weight as a way of measuring a person's health. Instead, the HAES philosophy encourages individuals to accept their body size and shape, while learning to eat intuitively and joyfully and participate in movement that is enjoyable.

Moralization of Food

Moralization of food occurs when individuals persistently judge certain foods as being "good," or "bad" or "healthy" or "unhealthy," and this thinking leads to judging themselves or others as "good" or "bad" based on their food choices. Moralization of food can lead to disordered eating and eating disorders, increase feelings of shame and negativity, and even increase cravings for foods that have been deemed "bad" and off-limits. An alternative to moralization of food is to consider an "all foods fit" philosophy that removes food judgements while encouraging consuming a flexible variety of foods for hunger and enjoyment.

Orthorexia

Orthorexia is characterized by an excessive preoccupation with eating healthy food in an effort to promote optimum health, achieve an ideal body size, or attain performance-related sports goals. Individuals with Orthorexia engage in compulsive food-related behaviors and are mentally preoccupied with eating "pure" or "clean" food, which can escalate over time into increasingly rigid and restrictive eating patterns. Malnutrition and severe weight loss may occur, including serious medical complications similar

to those found in individuals with Anorexia Nervosa. Many with Orthorexia experience "moralization of food" where their self-worth is attached to eating "good" or "healthy" foods, and they experience severe distress, anxiety, or disgust if they defy their defined food rules.

While not yet a formal diagnosis, Orthorexia can cause severe mental and physical problems and increase the risk of the development of other eating disorders such as Anorexia Nervosa.

Relative Energy Deficiency in Sport (RED-S)

Relative Energy Deficiency in Sport (RED-S) is a serious and life-threatening condition that occurs when an athlete consistently lacks adequate fuel through food to support the athlete's daily energy demands for their level of training. This imbalance can occur either intentionally or unintentionally. Left untreated, RED-S can impair systems throughout the body including reproductive health, bone health, immunity, metabolism, cardiovascular health, and psychological health. There can be lifelong health consequences to RED-S, and it can be fatal.

Social Media Audit

A social media audit is a process of thoughtfully and critically going through your social media feed and choosing to unfollow some. Criteria for unfollowing accounts can include questions such as:

- "Does the account make me feel bad about my body?"
- "Does this account encourage an unrealistic body image?"
- "Do I feel better after seeing this account or worse?"

Engaging in a social media audit can empower young people to think about the messages they are getting through social media and take the power to change them.